



National Nutrient Database for Standard Reference
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Full Report (All Nutrients) 43537, Babyfood, dessert, blueberry yogurt, strained

Report Date: July 04, 2017 21:33 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 15g	1 jar NFS 113g	1 jar Heinz Strained-2 (4 oz) 113g
Proximates							
Water	g	81.40	--	--	12.21	91.98	91.98
Energy	kcal	77	--	--	12	87	87
Energy	kJ	320	--	--	48	362	362
Protein	g	0.50	--	--	0.07	0.56	0.56
Total lipid (fat)	g	0.70	--	--	0.10	0.79	0.79
Ash	g	0.35	--	--	0.05	0.40	0.40
Carbohydrate, by difference	g	17.05	--	--	2.56	19.27	19.27
Fiber, total dietary	g	0.4	--	--	0.1	0.5	0.5
Sugars, total	g	13.62	--	--	2.04	15.39	15.39
Minerals							
Calcium, Ca	mg	25	--	--	4	28	28
Iron, Fe	mg	0.20	--	--	0.03	0.23	0.23
Magnesium, Mg	mg	13	--	--	2	15	15
Phosphorus, P	mg	109	--	--	16	123	123
Potassium, K	mg	62	--	--	9	70	70
Sodium, Na	mg	14	--	--	2	16	16
Zinc, Zn	mg	0.14	--	--	0.02	0.16	0.16
Copper, Cu	mg	0.030	--	--	0.004	0.034	0.034
Selenium, Se	µg	0.8	--	--	0.1	0.9	0.9
Vitamins							
Vitamin C, total ascorbic acid	mg	12.4	--	--	1.9	14.0	14.0
Thiamin	mg	0.000	--	--	0.000	0.000	0.000
Riboflavin	mg	0.040	--	--	0.006	0.045	0.045

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 15g	1 jar NFS 113g	1 jar Heinz Strained-2 (4 oz) 113g
Niacin	mg	0.140	--	--	0.021	0.158	0.158
Vitamin B-6	mg	0.400	--	--	0.060	0.452	0.452
Folate, total	μg	8	--	--	1	9	9
Folic acid	μg	0	--	--	0	0	0
Folate, food	μg	8	--	--	1	9	9
Folate, DFE	μg	8	--	--	1	9	9
Choline, total	mg	5.5	--	--	0.8	6.2	6.2
Vitamin B-12	μg	0.43	--	--	0.06	0.49	0.49
Vitamin B-12, added	μg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	μg	3	--	--	0	3	3
Retinol	μg	1	--	--	0	1	1
Carotene, beta	μg	23	--	--	3	26	26
Carotene, alpha	μg	0	--	--	0	0	0
Cryptoxanthin, beta	μg	0	--	--	0	0	0
Vitamin A, IU	IU	41	--	--	6	46	46
Lycopene	μg	0	--	--	0	0	0
Lutein + zeaxanthin	μg	64	--	--	10	72	72
Vitamin E (alpha-tocopherol)	mg	0.40	--	--	0.06	0.45	0.45
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	μg	0.0	--	--	0.0	0.0	0.0
Vitamin D3 (cholecalciferol)	μg	0.0	--	--	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0
Vitamin K (phylloquinone)	μg	13.3	--	--	2.0	15.0	15.0
Lipids							
Fatty acids, total saturated	g	0.452	--	--	0.068	0.511	0.511
4:0	g	0.022	--	--	0.003	0.025	0.025
6:0	g	0.015	--	--	0.002	0.017	0.017
8:0	g	0.009	--	--	0.001	0.010	0.010
10:0	g	0.019	--	--	0.003	0.021	0.021
12:0	g	0.024	--	--	0.004	0.027	0.027
14:0	g	0.073	--	--	0.011	0.082	0.082
16:0	g	0.192	--	--	0.029	0.217	0.217
18:0	g	0.069	--	--	0.010	0.078	0.078

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 15g	1 jar NFS 113g	1 jar Heinz Strained-2 (4 oz) 113g
Fatty acids, total monounsaturated	g	0.192	--	--	0.029	0.217	0.217
16:1 undifferentiated	g	0.015	--	--	0.002	0.017	0.017
18:1 undifferentiated	g	0.159	--	--	0.024	0.180	0.180
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.019	--	--	0.003	0.021	0.021
18:2 undifferentiated	g	0.013	--	--	0.002	0.015	0.015
18:3 undifferentiated	g	0.007	--	--	0.001	0.008	0.008
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	4	--	--	1	5	5

Amino Acids

Other

Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0